



Makes $\frac{3}{4}$ cup
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

$\frac{1}{4}$ cup raw cashews
2 cups packed fresh basil
2 tablespoons nutritional yeast
3 cloves garlic, roughly chopped
2 teaspoons lemon juice
 $\frac{1}{8}$ teaspoon sea salt
2 to 4 tablespoons unsweetened,
unflavored plant milk, such as
almond, soy, cashew, or rice

Homemade Vegan Pesto

Traditionally used as a **pasta topper**, homemade pesto adds a pop of fresh herbal flavor to lots of different dishes. Try drizzling it over **grilled pizza**, **hearty grain bowls**, or creamy tomato soup. This no-oil recipe rivals any store bought pesto you can find and will transform your meal into an Italian-inspired feast with each spoonful.

Tip: Add the amount of plant milk you like to get the desired consistency. Pesto should be spreadable but not too runny!

By Nancy Macklin, RDN

- 1 Place cashews in a bowl; cover with boiling water. Let soak for 30 minutes; drain. Place cashews in a food processor with the next five ingredients (through salt). Cover and process until nearly smooth, adding plant milk 1 tablespoon at a time to reach desired consistency, and stopping to scrape sides of the processor as needed.
- 2 To serve, toss 2 tablespoons of pesto with every 1 cup of hot cooked pasta. Or use as directed in recipes. Transfer extra pesto in an airtight container. Cover surface with plastic wrap; chill up to 2 days.